

Activities for Adults



Ceramics Classes & Open Studio 480-350-5287

For materials list, visit www.tempe.gov/arts/ or the Vihel Center Office.

Classes--Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.

Pottery Club-Enjoy a leisurely morning of hand building and throwing on the wheel. All skill levels welcome to attend this self-paced class. Instruction is provided. Bring Cone 10 clay and tools to first class. Fee: \$56.

APCA-1C Adult W 6/9-7/28 9am-Noon VIHEL

Ceramics Survey-Beginning class that focuses on hand building, an introduction to throwing and glazing techniques. Bring Cone 10 clay and small tools to the first class. Fee: \$72.

ACEA-1C Adult T 6/8-7/27 6:30-9:30pm VIHEL

Ceramics II-Pre-requisite: Ceramics Survey. A combination of throwing and hand building for continuing students. Explore surface decoration and slip techniques. Students select projects with instructor approval. Bring Cone 10 clay and small tools to the first class. Fee: \$72.

ACEA-3C Adult Th 6/10-7/29 6:30-9:30pm VIHEL

Throwing I-Pre-requisite: Ceramics Survey. This class is designed to introduce skills for the potter's wheel through a series of structured drills and projects. Activities also include glazing. Bring Cone 10 clay and tools to first class. No class 7/5. Fee: \$63.

ACEA-2C Adult M 6/7-7/26 6:30-9:30pm VIHEL

Throwing II-Pre-requisite: Throwing I. Class focus is the creation of a variety of styles and shapes as well as an exploration of glazing techniques. Also, self-directed projects with instructor approval. Bring Cone 10 clay and tools to first class. Fee: \$72.

ACEA-4C Adult W 6/9-7/28 6:30-9:30pm VIHEL

Arts & Crafts

Basic Beading Class 480-350-5201-Participants will learn about the tools and materials they need to make their own beautiful jewelry, as well as how to finish it off with crimps and clasps. Each student will be able to make and keep a necklace and a pair of earrings. All materials provided. Fee: \$27.

KBBC-1C 18yrs+ Sa 6/19 1-3:30pm KRC
 KBBC-2C 18yrs+ Th 7/8 6-8:30pm KRC

Activity Dates: Classes begin the week of June 1st unless otherwise noted within class description.
Holiday: July 4 & 5; Make up: August 1 & 2. See page 2 for Code of Location Abbreviations.

Henna-The Art of Mendi-480-350-5201-Experience the ancient art of Mendi or Henna. Learn how to make homemade henna and learn techniques to make beautiful traditional and tattoo looking henna designs. \$10 supply fee due to instructor at beginning of class. Wear comfortable clothing. Fee: \$14.
 KHEN-1C 16yrs+ W 7/14 7:30-8:30pm KRC

Knitting; Beginner 480-350-5201-Knitting is a fun, popular and easy hand craft to learn. This class will introduce you to basic knitting stitches, tools and pattern reading. Learn a relaxing and productive skill that you can enjoy for years to come. Fee includes all supplies: knitting instructional book, knitting needles and yarn. Fee: \$51. **New!**
 KKNT-1C 16yrs+ Sa 8/7 9am-12pm KRC

Sewing-Hand Quilting 480-350-5201-Learn the art of quilting by hand. Participants will make a 12"x12" block using hand quilting and piecing methods used by our ancestors. View Supply list online at: www.tempe.gov/pkrec/krc. Fee: \$37. **New!**
 KSEW-1C 18yrs+ Sa 6/19-6/26 10am-12:30pm KRC

Sewing Basics 480-350-5201-Do you have a sewing machine that you would like to put to use? Learn basic sewing techniques by making a decorative table runner to use in your home or give as a special gift. Two sessions will introduce you to sewing terms, reading a pattern, selecting fabric, proper use of your sewing machine and tools, etc. Need to bring sewing machine to class. View Supply list online at: www.tempe.gov/pkrec/krc. Fee: \$37. **New!**
 KSEW-2C 18yrs+ Sa 7/10-7/17 10am-12:30pm KRC

Wire Wrapped Jewelry, Beginning-480-350-5201-Participants will learn about the tools, materials and strategies necessary to make basic wire-wrapped jewelry. Each student will be able to make and keep a wire-wrapped bracelet or anklet. All materials provided. Fee: \$27.
 KWWJ-1C 18yrs+ Sa 6/26 10am-12:30pm KRC

Wire Wrapped Jewelry, Intermediate 480-350-5201- Learn valuable new skills to add to your knowledge of wire-wrapped jewelry. Learn how to make your own findings and how to incorporate new techniques into your wire-wrapped designs. Prerequisite: Beginning Wire Wrap. All materials provided. Fee: \$27. **New!**
 KWWJ-2C 18yrs+ Sa 7/17 10am-12:30pm KRC

Wire Ring Class 480-350-5201-Learn how to make several varieties of rings out of wire! Beads, wire and tools provided. Previous wire working experience recommended. Fee: \$22.
 KWWR-1C 18yrs+ Sa 7/31 10am-12pm KRC

Visual Arts 480-350-5287

Drawing & Sketching-Basic course designed for all skill levels that focuses on various techniques and media, with an emphasis on learning "to see." For materials list, visit www.tempe.gov/arts/, or the Vihel Center office. Cost of materials approximately \$15. Bring pencils, paper and eraser to first class. No class 7/5. Fee: \$36.

ADSA-1C Adult M 6/7-7/26 7-9pm VIHEL



Oil & Acrylic Painting-Basic course emphasizing composition, color theory, techniques and subject matter. Estimated cost of materials is \$75. For materials list, visit www.tempe.gov/arts/, or the Vihel Center office. Bring materials you currently have to first class. Fee: \$41.
 AOAA-1C Adult T 6/8-7/27 6:30-9:30pm VIHEL

Colored Pencil Drawing-Class explores the properties of color and drawing techniques as applied to the colored pencil medium, moving from basics to more expressive projects. For materials list, visit www.tempe.gov/arts/, or the Vihel Center office. Fee: \$41. **New!**
 ACPA-1C Adult W 6/9-7/28 6:30-9:30pm VIHEL

Floral Design-Create your own basic floral designs in this four-week workshop, with guided instruction. Demonstrations and projects teach the fundamentals of fresh, dried and silk flower arrangement. Participants provide materials for selected projects at second class. Fee: \$24.
 ABFA-1C Adult Th 7/8-7/29 7-9 pm VIHEL



Jewelry I-A course for beginners. No previous experience necessary. Learn how to use a jeweler's saw and file and finish metal with silver solder. Work with silver, copper and brass in sheet and wire form. Supply costs vary depending on materials and hand tools needed; approximate cost is \$75. For material list, visit www.tempe.gov/arts/. Safety glasses are required and must be brought to the first class. Fee: \$56.

AMTA-1C Adult Th 6/10-7/29 6:30-8:50pm PAC
 AMTA-2C Adult Sa 6/12-7/31 1-3:50pm PAC

Jewelry II-Jewelry I or equivalent experience necessary. This is a studio-oriented course with some advanced techniques demonstrated: stone setting, fabrication and surface embellishment. Use this time to finish pieces already started or to create new ones. No class 7/5.

AMTA-3C Adult M 6/7-7/26 6:30-8:50pm \$49 PAC
 AMTA-4C Adult Sa 6/12-7/31 9:15am-Noon \$56 PAC

Jewelry Studio-PREVIOUS EXPERIENCE REQUIRED. For safety, only experienced participants are eligible. Must be currently enrolled in a City of Tempe jewelry class, or have completed a Tempe jewelry class within the last year. No instruction provided. Fee: \$48.

AMTA-5C Adult T 6/8-7/27 6:30-8:50pm PAC

Creative and Performing Arts 480-350-5287

The Art of Remembrance-See listing in "Activities for Retirees" for more info about this writing workshop. **New!**
 AMMA-1C Adult S 6/12-7/31 10:30am-12:30pm ASU

Writing and Photography for Publication-Have you considered non-fiction writing for fun, or for profit? This course explains how to get started and why basic photography skills could sell your work. Improve your writing and photography skills while learning about digital and film photography, publication requirements, marketing, equipment and resources. Meet other writers too! Fee: \$32.
 CWPA-1C Adult Th 6/10-7/29 6:30-8:30pm NSA

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Creative and Performing Arts **480-350-5287**

Improv Comedy-Do you enjoy shows like Saturday Night Live and Whose Line Is It Anyway? Get off the couch and into the act! Learn the basics of unscripted performance through improv games, storytelling and scene work in a supportive, structured environment. No improv or acting experience is necessary. Fee: \$22.
 CAIA-1C 14+ Th 6/10-7/29 7-8:30pm VIHEL

Dance & Music 480-350-5287

Ballroom Dance I-Come foxtrot gracefully around the floor to Big Band music. Glide smoothly to waltz music, learn the romantic rhumba, merengue and more.
 Register with a partner. No class 7/5. Fee: \$30 per person.
 DSAA-1C Adult M 6/7-7/26 6:30-7:25pm VIHEL

Ballroom Dance II-Pre-requisite: Ballroom Dance I. Continue practicing your skills in a variety of ballroom dance styles. Register with a partner. Fee: \$32 per person. **New!**
 DSAA-3C Adult W 6/9-7/28 7:30-8:20pm NSA

Ballroom Tango & Hustle-Learn two of today's hottest dances. Enjoy the creativity, playfulness and freedom of the New York Hustle and experience the beautiful and passionate Argentine tango. Register with a partner. No class 7/5. Fee: \$30 per person.
 DSAA-2C Adult M 6/7-7/26 8:30-9:25pm VIHEL

Belly Dance I-This beginning class introduces you to belly dance moves and music. Learn the exotic way to exercise and have fun with Samia. Fee: \$28.
 DBDA-1C 12yrs+ W 6/9-7/28 6:30-7:25pm VIHEL

Belly Dance II-This intermediate class focuses on more advanced movements and dances. Includes veil and floor work and new zil patterns. Fee: \$28.
 DBDA-2C 12yrs+ W 6/9-7/28 7:30-8:25pm VIHEL

Belly Dance III-Advanced performing class. Work on polishing and perfecting your performance skills while adding moves and dancing to Middle Eastern music. Fee: \$28.
 DBDA-3C 12yrs+ W 6/9-7/28 8:30-9:25pm VIHEL

Dance-Wedding Survival 101-A four-week crash course for brides and grooms, as well as members of the wedding party. Learn to move to slow and fast music. Bring a CD of your special song for practice. Register with a partner. Fee: \$24 per person.
 DWSA-1C Adult W 6/9-6/30 8:30-9:20pm NSA
 DWSA-2C Adult W 7/7-7/28 8:30-9:20pm NSA

Elements Amazing Electronic Piano-Keyboard Program-Learn keyboard skills on real songs you know and love! This program uses brilliantly conceived visual tools that show students how music works. Level 1: you will learn to read music on the treble clef in a lead sheet format and play chords using our exclusive cordometer. You will be playing a favorite song after just one lesson. Level 2: You will learn to read music on the bass clef in a grand staff format. After completing both levels you will be able to buy a piece of sheet music, read the notes and play it! Keyboards are provided to each student for classroom use; all music materials are included at no extra charge. For more information call Elements Music at 623-933-0681. Fee: \$110. *No class 7/3.

Level 1
 MKBY-10C 13-99yrs Th 6/10-7/29 6-7pm PAC
 MKBY-11C 13-99yrs Sa 6/5-7/31 3:30-4:30pm CRC

Level 2
 MKBY-12C 13-99yrs Th 6/10-7/29 7:15-8:15pm PAC



Guitar-Beginning-Get to know, tune and care for your guitar. This class will teach you basic scales, chords and strumming. You will play songs while learning about different types of music. Students must provide own guitars (acoustic or electric without amps). Fee: \$35.
 MGYA-1C 14yrs+ T 6/8-7/27 6-7:25pm LIBR
 MGYA-2C 14yrs+ T 6/8-7/27 7:30-8:55pm LIBR

Guitar-Intermediate-Pre-requisite: Beginning Guitar. For those who love to play guitar and have knowledge of basic chords. In this class you will learn more bar chords, performance styles and songs. Students must provide own guitars. No class 7/5. Fee: \$31.
 MGYA-3C 14yrs+ M 6/7-7/26 6-7:25pm NSA

Latin Dance I-Experience Latin dancing! Come learn various Latin dances such as the Cha-Cha, Rhumba, Mambo, Samba, Meringue and Salsa. Register with a partner. No class 7/5. Fee: \$30 per person.
 DLAA-1C Adult M 6/7-7/26 7:30-8:25pm VIHEL

Latin Dance II-Pre-requisite: Latin Dance I. Continue to learn by working on more advanced variations of various Latin dance styles. Register with a partner. Fee: \$32 per person. **New!**
 DLAA-2C Adult W 6/9-7/28 6:30-7:20pm NSA

Line Dance Beginning-This is a perfect class for the beginner who would like to learn at a slower pace. Focus is on form, technique and terminology. Partner not required. 6-week class, no class 6/29 or 7/27. Fee: \$20.
 DLDA-1C Adult Tu 6/8-7/27 5:30-6:25pm VIHEL

Line Dance Easy Intermediate-A great class to learn patterns and rhythm for Social or Line Dance. Partner not required. Fee: \$26.
 DLDA-2C Adult Tu 6/8-7/27 6:30-7:25pm VIHEL

Line Dance Intermediate/Advanced-Pre-requisite: Line Dance Beginning. For those who love to dance and have previous experience, this class presents continued learning and challenges. Partner not required. Fee: \$32.
 DLDA-3C Adult Tu 6/8-7/27 7:30-8:55pm VIHEL

Swing I-Learn to dance the latest moves to a variety of rhythms. Whether you call it Jive, Jitterbug, Lindy, East Coast or West Coast, come have a swinging good time. (Tennis shoes or athletic shoes only, no black-soled or street shoes.) Register with a partner. Fee: \$32 per person.
 DSWA-1C Adult Th 6/10-7/29 7:30-8:25pm PAC

Swing II-An extended session for experienced dancers. (Must also be registered for DSWA-1A). Register with partner. Fee: \$8 per person.
 DSWA-2C Adult Th 6/10-7/29 8:30-8:50pm PAC

Tribal Fusion Dance-A low-impact aerobic dance combining old style, ethnic belly dance, modern cabaret belly dance and Rom (gypsy), ballet and yoga. Fee: \$32.
 DMFA-1C Adult Th 6/10-7/29 7-8:25pm VIHEL

Beginning Tap-A beginning class to learn basic tap steps and work on a new dance routine. Lots of fun and good exercise! Fee: \$26.
 DTAA-1C Adult T 6/8-7/27 7-7:50pm PAC

Tap Studio-Intermediate and advanced tap dancers will continue to work on their skills and develop their own routines. Instructor is present for guidance as requested. Fee: \$20. **New!**
 DTAA-2C Adult T 6/8-7/27 6-6:50pm PAC

Health, Exercise & Sports Classes **480-350-5200**

Adult Fitness-Meet new people and feel great while working out in our cool indoor fitness center. 8 weeks: 6/9-7/28. Fee: None.
 ZFIT-1C 18yrs+ W 12-1pm ESCA

Aerobics, Low Impact 480-350-5200-Reduce impact stress on injury-prone areas of the body while maintaining or improving cardiovascular conditioning. Low-impact does not mean low intensity, nor is this a non-impact class in which neither foot ever leaves the floor. Students must provide own small rug or mat. (22 sessions)
 EALM-1C 16yrs+ T/Th 6/8-8/19 5:35-6:25pm \$50 PAC

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Health, Exercise & Sports Classes 480-350-5200



Aerobics, Step 480-350-5200-A high energy, low impact cross training program which includes step work, weight training and abdominal exercises. Prior step experience helpful. Steps provided. (24 sessions)
 EASM-1C 16yrs+ T/Th 6/8-8/26 6-6:50pm \$54 PAC

Kick Aerobics-This class blends the cardio training and toning of traditional aerobics with the added spice of kickboxing techniques and routines. 8 weeks: 6/8-8/5. No class 7/20 and 7/22. Fee: \$16.
 ZAER-1C 16yrs+ T 5:30-6:30pm ESCA
 ZAER-2C 16yrs+ Th 5:30-6:30pm ESCA

Body Sculpt 480-350-5200-Through a series of non-aerobic exercises, using gravity, hand-held weights and resistance equipment such as elastic bands, you will gain specific muscle conditioning, building strength, endurance and flexibility. Meet your neighbors in a non-competitive atmosphere as you build strong bones, enhance breathing/circulation, tone muscles and relax your mind and heart. (M/W 24 sessions, T/Th 22 sessions) *No class 7/5.
 EBSM-1C 16yrs+ M/W 6/7-8/30 6-6:50pm \$54 PAC
 EBSM-2C 16yrs+ T/Th 6/8-8/19 6:30-7:20pm \$50 PAC

Total Body Conditioning 480-350-5200-It's not just cardio-conditioning and it's not just muscle toning; it's both. Class focuses on concentrated complete fitness work. (21 sessions) *No class 7/5
 ETBM-1C 16yrs+ M/W 6/7-8/18 5:40-6:30pm \$48 PAC

Fore! Golf Instruction 480-350-5200-Fundamentals of golf: grip, stance, chip shots, full swings, rules, etiquette, putting and use of the driving range. All equipment will be provided. Fee: \$40.
 EFOA-3C 18yrs+ T 6/8-6/29 4-5pm KMGC
 EFOA-4C 18yrs+ W 6/9-6/30 4-5pm KMGC

Judo 480-350-5200-An Olympic sport, Judo is a form of grappling, throwing and self defense. Techniques are indicative to many styles of Jujitsu. Traditional martial arts for beginning and intermediate students. Sweats recommended. Fee: Adult-\$40; Youth-\$20.
 EJUM-1C 13yrs+ M 7/19-10/6 7-8:30pm LIBR
 EJUM-2C 13yrs+ Sa 7/24-10/9 10-11:30am CRC

Jujutsu 480-350-5201-Learn a Jujutsu System that was used by feudal police of the Samurai Era. This class will focus on basic concepts such as joint locks, throwing, choking, blocking, striking, pinning, ground fighting and nerve center manipulation. No prior martial art training is needed. Fee: \$40. New!
 KJUJ-4C 15yrs+ Su 6/6-6/27 2-3:30pm KRC
 KJUJ-5C 15yrs+ Su 7/4-7/25 2-3:30pm KRC
 KJUJ-6C 15yrs+ Su 8/1-8/29 2-3:30pm KRC

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Karate 480-350-5201-Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Jack Wimbish. Uniform, belt and school patch available first day of class for \$35 (required). New student orientation at 5:30pm on first day of class. This is an on-going program with room for belt rank advancement (there are belt-testing fees). Fee: \$50.
 KKAR1-2C 12yrs+ T/Th 6/1-6/29 6-7:30pm KRC
 KKAR2-2C 12yrs+ T/Th 7/1-7/29 6-7:30pm KRC
 KKAR3-2C 12yrs+ T/Th 8/3-8/31 6-7:30pm KRC

Karate 480-350-5200-Join this traditional martial arts class for beginning and intermediate students. Wear comfortable clothing, sweats are recommended. Fee: Adult \$40; Youth \$20.
 EKAM-1C 13yrs+ Sa 7/24-10/9 11:35am-1pm CRC

Martial Arts of the Peaceful Warrior-See description in *Activities for Teens, p22*.

Martial Arts, Advanced-See description in *Activities for Teens, p22*.

Martial Arts, Self Defense-For Women Only-See description in *Activities for Teens, p22*.

Pilates/Mat Science with Desiree Lewis 480-350-5201-Join us for a progressive series of exercises that accommodate all fitness levels to increase strength, flexibility and balance of the entire body. The exercises are derived from pilates, yoga, dance and sports rehab conditioning. The focus is on mindful movement, core stabilization techniques and unified body movements. (Drop in fee: \$9.50 per class.) 5 week session. Fee: \$35.
 KPLT-1C 16yrs+ W 6/16-7/14 6:15-7:15pm KRC
 KPLT-2C 16yrs+ Th 6/17-7/15 9-10am KRC
 KPLT-3C 16yrs+ W 7/28-8/25 6:15-7:15pm KRC
 KPLT-4C 16yrs+ Th 7/29-8/26 9-10am KRC

Pilates/Mat Science; Intermediate with Desiree Lewis 480-350-5201-If you are ready to take your pilates based mat class to the next level, join us for intermediate matwork. This progressive series of exercises will improve your strength, flexibility and balance. (Drop in fee: \$9.50 per class.) 5 week session. Fee: \$35.
 KPLT-5C 16yrs+ T 6/15-7/13 9-10am KRC
 KPLT-6C 16yrs+ T 7/27-8/24 9-10am KRC

Meditation-How is your stress level? Learn meditative techniques you can use at home or the office to reduce stress. Fee: \$36
 GMED-1C 16yrs+ W 6/9-8/25 5:30-6:30pm CRC

Meditation, Zen-This is a structured classical Zen meditation session using kōan study and meditative techniques. Traditional and modern methods are taught in this class. Fee: \$36
 GMED-2C 16yrs+ W 6/9-8/25 8:00-9:00pm CRC

Discover Scuba-See complete description in *Teen section, p. 22*.

T'ai Chi Level 1 480-350-5200-Internal system to increase self-awareness, self-confidence and balance. Slow meditative movements teach internal focus and reduce stress levels. Fee: \$48 *No Class 7/5
 ETCA-1C 16yrs+ M 6/7-8/30 5:30-7:00pm KRC
 ETCA-2C 16yrs+ M 6/7-8/30 8:05-9:30pm KRC

T'ai Chi Level 2 480-350-5200-For participants with previous T'ai Chi experience. Fee: \$48.
 ETCA-3C 16yrs+ Th 6/10-8/26 5:30-7:00pm CRC

T'ai Chi Level 3 480-350-5200-For students who have completed Level 2. Fee: \$48.
 ETCA-4C 16yrs+ Th 6/10-8/26 6:30-8:00pm CRC

Hatha Yoga with Desiree Lewis 480-350-5201-This eclectic yoga class takes you through a series of static postures that will increase your strength, flexibility and balance. The smooth transitions of this class allow you to detach and move inside yourself for a truly meditative experience. Desiree offers variations and modifications of the postures to allow students of all levels to work at their ability. (Drop in fee: \$9.50 per class.) 5 week session. Fee: \$35.
 KYOG-1C 16yrs+ T 6/15-7/13 10-11am KRC
 KYOG-2C 16yrs+ Th 6/17-7/15 10-11am KRC
 KYOG-3C 16yrs+ T 7/27-8/24 10-11am KRC
 KYOG-4C 16yrs+ Th 7/29-8/26 10-11am KRC

Yoga/Pilates Combo with Desiree Lewis 480-350-5201-Integrate movements from both Hatha Yoga and Pilates to increase mind and body wellness. (Drop in fee: \$9.50 per class.) 5 week session. Fee: \$35.
 KYPC-1C 16yrs+ W 6/16-7/14 5-6pm KRC
 KYPC-2C 16yrs+ W 7/28-8/25 5-6pm KRC

Yoga, Introduction-This class will help you get started. Learn what equipment you need and what you can use from around the house rather than making costly purchases. You will learn a basic warm-up routine, basic beginning level sun salutation and you will learn a new Asana (posture) each class session. Fee: \$30 *No Class 7/5
 EYOM-1C 16yrs+ M 6/7-8/2 7:05-8:00pm KRC

Yoga Level 1-Ancient science bringing mind and body together. Students and instructors work toward goal through the systematic exercising and conditioning of physical body. Body becomes more flexible, muscles toned; concentration and coordination are steadily improved. *No class 7/2, 7/3, 7/5.
 EYOM-2C 16yrs+ M 6/7-8/30 5-6:25pm \$48 CRC
 EYOM-3C 16yrs+ M 6/7-8/30 6:30-7:55pm \$48 CRC
 EYOM-4C 16yrs+ T 6/8-8/31 5:30-6:55pm \$52 CRC
 EYOM-5C 16yrs+ W 6/9-9/1 10:30-Noon \$52 PAC
 EYOM-6C 16yrs+ W 6/9-9/1 5:30-7pm \$52 WCC
 EYOM-7C 16yrs+ Th 6/10-9/2 7-8:30pm \$52 ESCA
 EYOM-8C 16yrs+ Su 6/13-8/29 3-4:30pm \$44 ESCA
 EYOM-9C 16yrs+ F 6/11-8/27 10:30-Noon \$44 KRC

Yoga Level 1&2 Combined level classes *No Class 7/2
 EYOM-10C 16yrs+ T 6/8-8/31 11:30am-1pm \$52 HAT
 EYOM-11C 16yrs+ Th 6/10-9/2 11:30am-1pm \$52 HAT
 EYOM-12C 16yrs+ F 6/11-8/27 5:30-7pm \$44 CRC

Yoga Level 2-Students must have completed at least one session of Level 1.
 EYOM-13C 16yrs+ T 6/8-8/31 7-8:30pm \$52 CRC
 EYOM-14C 16yrs+ Su 6/13-8/29 1:15-2:45pm \$44 ESCA
 EYOM-15C 16yrs+ M 6/7-8/30 7-8:30pm \$48 PAC

Yoga Level 2-For those who wish to deepen their yoga practice. Advanced poses will be taught with variations for all skill levels. Some experience helpful.
 EYOM-16C 16+yrs T 6/8-8/31 7:25-8:55pm \$52 PAC

Yoga Workshop 480-350-5201-Yoga instructor Desiree Lewis will guide you through a series of Hatha Yoga asanas (poses) and a relaxation session in this 2 hour workshop. She will discuss the benefits of yoga practice and help you to find the style of yoga that will be most beneficial to you. Desiree Lewis is the founder of Yoga for Real People and is featured in the internationally selling yoga video "Having It All!" Her passion for yoga is contagious; don't miss this journey into your soul. Fee: \$23. New!
 KYGW-1C 16yrs+ Sa 6/5 8:30-10:30am KRC

Yoga Intensive Workshop with Desiree Lewis 480-350-5201-If you are ready to take your practice to the next level, join us for a 2.5 hour yoga intensive. We will discuss the eight limbs of yoga, practice asana and end with a guided meditation. This is a wonderful opportunity to ask questions about your practice, so you can move deeper on both the physical and mental planes. Fee: \$25. New!
 KYGW-2C 16yrs+ Sa 6/19 10am-12:30pm KRC

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Health, Exercise & Sports Classes 480-350-5200

Yoga for Partners Workshop-Register with a friend, brother, sister, or office buddy. Partner Yoga is perfect for anyone who is interested in increasing fitness, releasing tension and having a good time. Bring your partner and your own sticky mat. Fee: \$12.

EYOM-17C 16yrs+ Sa 6/12 Noon-2pm PAC
 EYOM-18C 16yrs+ Sa 8/14 Noon-2pm LIB

Yoga, Qi Gong 480-350-5200-Chinese style yoga combines gentle movement, meditation and breath regulation to enhance the body's energy flow. Cultivates inner strength, calms the mind and restores the body's natural state of health. Practiced at any age regardless of physical ability. Gentler exercise than Tai-Chi & Yoga, but equally powerful benefits. Fee: \$36.

ECCG-1C 16yrs+ W 6/9-8/25 6:45-7:45pm CRC

C.P.R. (Cardio-Pulmonary Resuscitation) 480-350-5201

AMERICAN HEART ASSOCIATION CLASSES:

CPR Heartsaver plus AED-This course is intended for the general public. This American Heart Association (AHA) course teaches the basic techniques of infant, child and adult CPR, the use of an Automated External Defibrillator (AED), barrier devices and choking. The course teaches how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest and foreign-body airway obstruction. It also teaches ways to prevent many childhood emergencies. Each participant will receive a pediatric and adult/AED AHA manual, a quick reference AED/CPR wallet card, a pocket mask for CPR and one KRC wave pool pass. Participation cards will be issued at the successful completion of the course. Many public places (such as airports, golf courses, schools and gyms) have AED access for those trained to use them. Fee: \$45.

K CPR-1C 12yrs+ Th 6/17 12-4pm KRC
 K CPR-2C 12yrs+ W 7/14 12-4pm KRC

Health Care Provider-This American Heart Association BLS (Basic Life Support) Healthcare Provider course is designed to meet the needs of healthcare professionals. The course includes adult and pediatric CPR, mouth to mask techniques, bag valve mask use, foreign-body airway obstruction and two-rescuer CPR. This course also contains information on barrier devices, stroke and AED use. Each participant will receive an AHA Healthcare Provider class textbook, a wallet Emergency Action Card, a pocket face shield for CPR use and one wave pool pass. Participation cards will be issued upon successful completion of the course. Fee: \$53.

K CPR-3C 16yrs+ M 6/14 12-5pm KRC
 K CPR-4C 16yrs+ F 7/9 12-5pm KRC
 K CPR-5C 16yrs+ W 7/28 12-5pm KRC

AMERICAN RED CROSS CLASSES:

Community CPR and First Aid 480-350-5201-Training includes care for breathing and cardiac emergencies, sudden illnesses, injuries, burns; bleeding control and an introduction to AED (Automated External Defibrillator) use. This class covers adult, child and infant care. CPR certification is valid for 1 year; First Aid is valid for 3 years. Fee: \$40.

KFA-1C 12yrs+ Sa 7/17 8:30am-5:30pm KRC
 KFA-2C 12yrs+ Sa 8/14 8:30am-5:30pm KRC

Standard First Aid 480-350-5201-Participants learn how to use the Emergency Medical Service (EMS) and how to care for sudden illnesses, injuries and burns. Training includes controlling bleeding, bandaging and splinting. First Aid certification is valid for 3 years. Fee: \$26.

KFA-3C 12yrs+ Sa 7/17 1:30-4:30pm KRC
 KFA-4C 12yrs+ Sa 8/14 1:30-4:30pm KRC

The following classes are presented in the interest of good health by the Doctor's Speakers Bureau. Guest Speaker: Dr. Joshua Bock, D.C.

5 Secrets to Permanent Weight Loss 480-350-5201-Have you ever struggled to lose weight? Learn how to become healthier and reach your body's full potential naturally without pills, lotions or potions. Fee: \$5.

KDSB-1C 18yrs+ T 6/8 7-8:30pm KRC

Balancing Hormones Naturally: Healthy Solutions to PMS and Menopause 480-350-5201-Get a complete understanding of the symptoms that occur during PMS and menopause but also their solutions via diet, vitamins, exercise and stress reduction. Fee: \$5.

KDSB-3C 18yrs+ T 8/17 7-8:30pm KRC

Fibromyalgia 480-350-5201-Come and discover the various causes of this baffling disease. Learn techniques that help improve function and reduce pain naturally through nutrition without medication. Fee: \$5.

KDSB-2C 18yrs+ T 8/10 7-8:30pm KRC

Pressure Points 480-350-5201-Find your body's trigger points and how to release them in order to improve your health and quality of life. Attending with a partner is recommended. Fee: \$5.

KDSB-4C 18yrs+ T 8/31 7-8:30pm KRC

Personal Health and Wellness

Ayurveda: The Science of Life 480-350-5201-Join Desiree Lewis for an introduction to Ayurveda. Ayurveda is based on the principle that every individual person has a unique constitution. Determine your dosha and then learn what lifestyle choices including food, exercise and daily routines will help to keep your constitution balanced. When you are in balance you will feel healthy and vital, inside and out. Fee: \$20.

KAYU-1C 18yrs+ Sa 6/5 11am-12:30pm KRC

The Simplicity of Internal Body Cleansing 480-350-5201-To maintain true health and balance, the body must have a clean environment. We will teach you the importance and simple concepts of cleansing. Also, you will learn why you want to strengthen your body and gently feed it foods to assist the natural cleansing process. Fee: \$10.

KSBC-1C 18yrs+ M 7/12 7-8:30pm KRC

Chinese Philosophy of Health 480-350-5201-It is well known that the Chinese live long and healthy lives by applying simple, natural principles. We will teach the basics of yin and yang. You will also learn one of the most critical aspects of the Chinese philosophy of health: the five elements. Discover how to look at outward signs such as energy throughout the day, behavior patterns, outside appearances and more, to see which systems are strong or weak. Fee: \$15.

KCPH-1C 18yrs+ M 6/28 7-8:30pm KRC

Environmental Awareness: Personal Care and Household Products 480-350-5201-Many people are unaware of the highly toxic, dangerous and harmful products that we use every day. We will show a tape of news clips from around the country that exposes the personal care product industry. Eliminate the chemical toxins that you use on and near your body and home. You will understand the effects on your health and also on the environment. Replace dangerous products with environmentally safe, superior and effective products. Fee: \$10.

KAWA-1C 18yrs+ M 6/14 7-8:30pm KRC

Healthy Desserts Galore! 480-350-5201-Create delicious desserts that your taste buds will enjoy without compromising your health. All these desserts will be fresh and full of life. Be ready to enjoy tasty sweet treats. A fun way for the family to enjoy food with healthy ingredients. Fee: \$15.

KYUM-1C 18yrs+ M 6/7 7-8:30pm KRC

Heart Healthy Living 480-350-5201-Learn heart healthy eating habits along with the difference between good and bad cholesterol and how to properly read a food label. Fee: \$19.

KHHL-1C 18yrs+ Th 7/29 5:30-6:30pm KRC



Learn to Live 480-350-5201-Want to alleviate stress and learn to relax through meditation? Come look at nutrition and exercise using the key of simple moderation. Make a new daily schedule with time for meditation for the soul, study for the mind, good nutrition and moderate exercise for the physical body. \$5 workbook fee due to instructor at beginning of class. Wear comfortable clothing. Fee: \$35.

KBAL-1C 18yrs+ Sa 6/12 9am-12pm KRC

Cleanse the Lymphatic System through Rebound Exercise 480-350-5201-We know the importance of exercise, but how many of truly understand why it's crucial? What actually goes on during exercise? The lymphatic system is the venue your body uses to eliminate waste, toxins and allows for proper nutrition to the cells. Learn all about this under-looked system and how rebounding is the most incredible form of exercise. Fee: \$10.

KCLS-1C 18yrs+ M 7/26 7-8:30pm KRC

Skin Care 101 480-350-5201-Are you confused about which cleanser & moisturizers to use for your skin? This class will simplify everything for you. We will go over the basics of how your skin functions, the importance of PH and also test several products in the market. You will be guided on the simple routine of cleansing, balancing and nourishing the skin. Also, you will have the opportunity to apply the best products for a facial like you have never experienced. Fee: \$10.

KSKN-1C 18yrs+ M 6/21 7-8:30pm KRC



Activities for Adults

Personal Health and Wellness

Fun Summer Salads and Dressings 480-350-5201- Enjoy some of the freshest and most vibrant salads to keep you cool during the hot Arizona summer. You will learn the importance of colors & different combinations to satisfy your palette and your body. Some salads will be fresh and some marinated. You will also learn how to prepare healthy homemade dressings. Fee: \$15.
 KSSD-1C 18yrs+ Th 7/29 7-8:30pm KRC

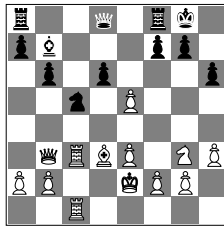
A Guide to Vegetarian and Vegan Living 480-350-5201- What is all this craze about vegetarian & vegan? Learn what living this lifestyle means, the benefits and how to make the easy transition for you and your family. We will go over some great resources to help inspire you to take the leap and also a guideline of how to do this. Come to begin a new way of eating that has so many positive impacts on your health and the planet. Fee: \$10.
 KGTV-1C 18yrs+ T 7/6 7-8:30pm KRC

General Interest 480-350-5200

Baby and Me, Baby Signs-480-350-5201, see page 14 for more information.

Beginning Italian with an Emphasis on Conversation-Ready to tackle a new language? During this four week class you will learn some Italian fundamentals as well as general conversation. This class will fill quickly, so sign up now and plan your trip to Italy for the fall. 4 weeks: 5/3-5/24. Fee: \$19.
 ZITL-1C 18yrs+ M 6:15-8pm ESAC

Chess Beginning-Learn to play this centuries-old game of strategy with Alan Anderson of Checkmate Chess Instruction. This 10-week interactive class will give you the skills you need to play and enjoy the game of Chess. Class combines interactive discussion with structured play. All materials provided including book Chess rules for Students. This is a great opportunity to learn the game while meeting future chess partners. Fee: \$66.
 GCHS-1C Adult Th 6/10-8/12 10:30am-Noon PAC



Coupon Sense 480-350-5201-Do you spend too much on groceries? In this workshop you will be taught how to save up to 50% on your grocery bill. You'll learn the best time to use your coupons, tips for greater savings, how to get organized and an easy to use filing system that allows you to clip only the coupons you plan to use. Couponing is not a nickel and dime savings-come learn how grocery shopping can be both fun and cost effective! Fee: \$15.
 KCS1-1C 18yrs+ Th 6/17 7:15-8:45pm KRC
 KCS1-2C 18yrs+ Sa 7/24 10-11:30am KRC

Dog Training Level 1-Socialized obedience for pet owners who don't want to be dog trainers, but want control of their dog. Training leash (6') and nylon slip collar required, no prong collars permitted. Dogs must be at least 5 months old and have had all shots and license. Proof required of both vaccinations and licensing at first class. Fee: \$36. No class 7/3.
 GDTA-1C 18yrs+ Sa 6/12-8/7 9-10am HOL
 GDTA-2C 18yrs+ W 6/9-7/28 6:30-7:30pm HOL

Homebuyer Education & Learning Program (H.E.L.P.)-If you are interested in buying your own home but feel you may not qualify, H.E.L.P. will prove to be an exciting informative program to answer your home buying questions. Receive guidance on budgeting for home purchase, shopping for a realtor, negotiating offers, shopping for a home loan, the closing process and home maintenance tips. At workshop completion, you will be eligible for a reduction in the mortgage insurance premium on an FHA-insured mortgage. Fee: None.
 GHEA-1C 18yrs+ W 7/21 & 7/28 6-9:30pm PDS

Activity Dates: Classes begin the week of June 1st unless otherwise noted within class description.
Holiday: July 4 & 5; **Make up:** August 1 & 2. See page 2 for Code of Location Abbreviations.

Sign Language; Intermediate 480-350-5201-Advance your vocabulary and signing conversations. Emphasis is on dialogue and receptive skills. Prerequisite: Sign Language 1 or previous experience. \$5 supply fee due to instructor on first day of class. Fee: \$34.
 KSIGN-1C 18yrs+ T 6/8-7/27 6-7pm KRC

Spanish Level 1-Basic Spanish using common phrases and vocabulary for greetings, numbers, days, months, color, food and weather. Fee: \$38. *No Class 7/5
 GSPA-1C 18yrs+ M 6/7-8/2 6-7:15pm PAC
 GSPA-2C 18yrs+ M 6/7-8/2 7:30-8:45pm PAC

Spanish Level 2-Students need to have completed a beginning Spanish class. Fee: \$38.
 GSPA-3C 18yrs+ W 6/9-7/28 6-7:15pm KRC

Spanish Conversation Level 3-Practice the skills you have learned in level 1 & 2. This class will be an informal discussion group led by Spanish instructor, Nancy Lewis. The prerequisite for this class is at least one session of level two Spanish, or instructor approval. Fee: \$38.
 GSPA-4C 18yrs+ W 6/9-7/28 7:30-8:45pm KRC

Activities at the Tempe Historical Museum-480-350-5100

3rd Thirstday Night Café
 Tempe Historical Museum
Free Admission

The museum is presenting a series of free monthly programs that run through May. The exhibit hall will be open to the public from 6:30 to 8:30pm on the third Thursday of each month. The program will take place at 7pm.

Th, 4/15, 7pm: Warren Miller, "One Hundred Years of Cowboy Poetry"
 Drawing on the Victorian pastime of oral recitation, working cowboys developed a lively folk tradition of creating and reciting narrative poetry. This talk is illustrated with traditional and contemporary recitations and songs. Warren Miller founded and directs the annual "Arizona Cowboy Poets Gathering" in Prescott. (Arizona Humanities Council)

Th, 5/20, 7pm: Karen J. Leong "Japanese Americans in Arizona"
 Dr. Karen J. Leong, Assistant Professor of Women's Studies at Arizona State University, discusses the history of Japanese Americans in Arizona, including one of the founders of APS; the only soy sauce factory in Arizona; railroad workers; and flower growers along Phoenix's Baseline Road. (Arizona Humanities Council)

Tempe Historical Society's Speakers' Program
 Tempe Historical Museum
 480-350-5100
 Bring your lunch and hear interesting speakers. There is no admission charge for this program.
Wed, 4/14, 11:30am: John Moeur, "Recollections of Old Tempe"
 John Moeur, Tempe native and long-time resident of Tempe, will describe life in pre-World War II Tempe.

Behind-the-Scenes Tour
 Sun, April 25, 1-4pm
 Tempe Historical Museum
 480-350-5100
Free Admission
 Come take a look "behind-the-scenes." Experience museum areas that are not open to visitors on a regular basis and see artifacts that are not currently on exhibit.

It's Your Business @ the Library

To register for a business class, call 480-350-5511. For more information call Rolf Brown at 480-350-5563. Fee: None.

Demystifying Real Estate for the New Home Buyer-Speakers from a real estate agency, a title company and a loan office will talk about what the first time buyer needs to do to purchase a home. Costs, time frame, credit history and many other details will be covered. Contact the Reference Desk at 480-350-5511 to register.
 T 4/20 6pm TLC
 T 5/18 6pm GATES

Mortgages: Mistakes to Avoid-A banker discusses requirements for obtaining a mortgage and some pitfalls that catch many borrowers. Many borrowers are paying more than they need to in closing costs and other additions to the basic mortgage; this program will provide the information needed to avoid these extra costs.
 W 5/19 7pm Study Room E

Setting Goals for a Balanced Life-Motivational speaker James Murphy presents a seminar on creating goals, measuring results, prioritizing and finding the self-discipline to sustain your commitment. He is an experienced coach and motivational trainer who works with some of the biggest names in the field.
 T 4/27 7pm CAC

401K Rollovers-A financial industry professional explains how these savings instruments work and the legal and tax implications of using them. Do you have a retirement savings plan independent of your employee pension? If not, consider attending this free program.
 Th 5/6 7pm Library Conf. Room

Life Insurance 101-Buying Life Insurance can be confusing. However, building a plan to fit your needs can be done with the right blueprint. This introductory workshop will give you a basic understanding of life insurance. The main purpose of life insurance is to protect your dependants in the event of your death. Properly invested, the benefit from a life insurance policy can provide a steady stream of income to your family. It can also provide liquid capital to pay off estate taxes and other obligations. We will explore these and other issues involved with the purchase of life insurance.
 T 5/18 7pm TLC

How to Invest with Limited Funds-You can participate in the financial markets with limited funds. Investment professional Jeff Cutler, who hosts a radio show about financial issues, explains how to buy stock directly from a company to avoid brokerage fees, how to find mutual funds with low initial investment levels and other ways to invest with limited funds.
 Th 5/20 7pm TLC

Computer Instruction @ the Library

To register for a computer class, call 480-350-5511. For information, call Rolf Brown at 480-350-5563. Fee: None.



Introduction to the Web-This class for Internet beginners covers web browsers, search engines and how to read web addresses, Internet service providers and e-mail basics. Participants will have hands-on practice in using a search engine to surf the Web and will also search the Library's Web-based online catalog. Prerequisite: Some experience in using a computer mouse. REGISTRATION REQUIRED as space is limited - phone 480-350-5511 to register.

M	5/10	7pm	GATES
W	5/19	9am	GATES
W	6/16	9am	GATES
M	6/21	7pm	GATES

Intermediate Internet Topics-Learn about the different file formats found on the Web, security issues, working offline on e-mail, downloading files and special search engine features. Prerequisite: Previous experience in using the Internet and e-mail. REGISTRATION REQUIRED as space is limited. Call (480) 350-5511 to register.
 W 6/9 9am GATES
 M 6/28 7pm GATES

Activities for Adults

Computer Instruction @ the Library

Ancestors: Genealogy on the Web-Learn how to access the enormous amount of genealogical information now available on the Internet. REGISTRATION REQUIRED as space is limited - phone 480-350-5511 to register.
W 4/21 9am GATES

Introduction to MS Word-This class is an introduction to Microsoft Word for people who have limited word processing experience. Students should be familiar with the computer mouse. REGISTRATION REQUIRED as space is limited - phone 480-350-5511 to register.
M 4/26 7pm GATES
W 4/28 9am GATES
M 6/14 7pm GATES
W 6/23 9am GATES

Introduction to Online Auctions-This class will show you how to find an item, how to bid on that item and various ways to pay for items on online auctions, such as Ebay, Epier or Yahoo. The instructor explains common auction terms and typical site features. REGISTRATION REQUIRED as space is limited - phone 480-350-5511 to register.
M 5/3 7pm GATES
W 5/12 9am GATES

Computer Instruction @ Escalante Community Center

Intro to Computers-Learn the basic mechanics of how a computer works; how to play solitaire using the computer to master the mouse; a brief week of "surfing the internet" and even how to type a letter using Microsoft Word. This is a LEVEL 1 class. 5 weeks: 6/7-7/5. Fee: \$10.
ZITR-1C 18yrs+ M 9-10am ESCA

Activity Dates: Classes begin the week of June 1st unless otherwise noted within class description.
Holiday: July 4 & 5; Make up: August 1 & 2. See page 2 for Code of Location Abbreviations.

Internet and E-mail Made Easy-A working knowledge of computers, the keyboard and the mouse is required for this program. The last two weeks of instruction is self-paced, with one-on-one assistance and review. 5 weeks: 6/8-7/6. Fee: \$5.
ZEME-1C 18yrs+ T 9-10am ESCA

Working with Word-Learn how to create letters or documents, tables, labels and more using Microsoft Word; saving and editing included in this LEVEL 3 class. A working knowledge of computers, the keyboard and the mouse is required for this program. 5 weeks: 6/9-7/7. Fee: \$10.
ZWRD-1C 18yrs+ W 9-10am ESCA

Excel Basics-Learn how to prepare, edit, sort, save and create formulas in a spreadsheet using Microsoft Excel in this LEVEL 4 class. A working knowledge of computers, the keyboard and the mouse is required for this program. 5 weeks: 6/10-7/8. Fee: \$10.
ZEBS-1C 18yrs+ Th 9-10am ESCA

Learn @ the Library 480-350-5511

First Thursdays: the Changing Face of Arizona-Join us for the last of this season's lectures and discussion about Arizona as it was then and as it is now. This program is provided in partnership with the ASU Faculty Ambassadors. Call 480-350-5511 to register.

Contemporary Immigration Issues in Tempe
Lisa Magana, *Chicana/Chicano Studies*
Th 5/6 7:00pm TLC

Languages and Literatures of Arizona
Elizabeth Horan, *English*
Th 6/3 7:00pm TLC

After the June presentation, First Thursdays will recess for the summer -- but look for them again in the fall!

Book Discussion Groups 480-350-5511

Book Discussion: Agents of Change-Join other interested adult readers on the second Thursday of each month in a lively book discussion. Members of the group provide their own copies of the books. The group meets at 7pm in the Library's second floor Conference Room.
5/13 *The Botany of Desire* Michael Pollan
6/10 *Skin Tight* Carl Hiaasen
7/8 *Toward Commitment: a Dialogue About Marriage* Diane and John B. Rehm
8/12 *The Secret Life of Bees* Sue Monk Kidd

Great Books-Have you been promising yourself that you'd get around to reading some really good literature and want a chance to share the experience? The Great Books group meets on the second and fourth Tuesdays at 7pm in the Youth Services Meeting Room. Volunteers Kathy and Don Dietz serve as discussion leaders. Participants provide their own copies of the books; contact Librarian Adrienne Bengtson 480-350-5508 for ordering information.
5/11 *Death of A Salesman* Arthur Miller
5/25 *Poetry Night* (Members bring poems)
6/8 *Midnight Children* Salman Rushdie
6/22 *Midnight Children* Salman Rushdie
7/13 *The Pearl* John Steinbeck
7/20 *The Age of Innocence* Edith Wharton
8/10 *The Age of Innocence* Edith Wharton

Mystery Lovers Club-Are you an avid mystery reader? If so, you are invited to meet with other fans once a month to discuss favorite mystery books or authors. The group meets in the Tempe Learning Center Classroom at the Library one Saturday each month from 10am to noon. Participants are required to provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group. For further information, call Kim Garza, Collection Management Librarian, at 480-350-5557, weekdays.

Sports Activities for Adults

Sport	Fall	Winter	Spring	Summer
Softball	X		X	X
Basketball (Women's)	X			
Basketball (Men's)		X		X
Baseball			X	
Co-Rec Soccer	X		X	
Flag Football	X			
Volleyball	X	X	X	X

Organizational meetings are a requirement for league participation and are held at the following facilities:

ESC Escalante Community Center, 2150 E. Orange Street
KRC Kiwanis Recreation Center, 6111 S. All-America Way
LIB Tempe Library Building Board Room, 3500 S. Rural Road
PYLE Pyle Adult Center, 655 E. Southern Avenue

ORGANIZATIONAL MEETING		
League	Location-Date-Time	Season
Baseball	SPRING 2005	April-June 2005
Men's Basketball	PAC - 5/5/04, 7 PM	6/1/04 - 7/22/04
Women's Basketball	ECC - 7/20/04, 6:30 PM	9/13/04 - 11/10/04
Flag Football	LIB - 8/24/04, 7 PM	10/5/04 - 12/7/04
Co-Rec Soccer	PAC - 8/3/04, 7 PM	9/20/04 - 11/18/04
Slo-Pitch Softball Men & Women	PAC - 7/13,15,21/04 Recreational 7:30 PM: 8:15 PM: Co-Recreational	9/8/04-11/7/04

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.

Adult Team Sports Leagues

480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

Adult Volleyball Clinic-Participants will learn the basics of volleyball. Rules, bumping, setting and spiking will all be included in this beginner's clinic. Clinics will be instructed by Ben Maxfield, boy's varsity volleyball coach at Corona del Sol high school. Fee \$10.
KAVC-1C 18yrs+ Sa 6/12 10am-12pmKRC
KAVC-2C 18yrs+ Sa 8/14 10am-12pmKRC

Supervised Basketball Program-The Kiwanis Recreation Center offers men and women ages 16+ years a supervised drop-in basketball session. Two courts are available. Call ahead to check gym availability at 480-350-5711. Program is on going. Fee: \$3.
16+ yrs Th 4-8pm KRC
Su 9-11:30am KRC

Drop-In Volleyball Program-The Kiwanis Recreation Center offers men and women ages 16yrs+ a supervised drop-in volleyball session. Two courts are available to all levels of play. Call ahead to check gym availability at 480-350-5711. Program is on-going. Fee: \$3.
16yrs+ Su 1-4pm KRC

Open Gym Volleyball-Bring your friends for fun afternoon of bumping the ball around on our indoor climate controlled court. 15 weeks: 5/22-8/28. Fee: None.
16yrs+ Sa 2-4:30pm ESCA

Sand Sports will be running adult sand volleyball leagues this summer at Kiwanis Recreation Center. Four divisions will be offered with games played on Mondays and Thursdays. League dates: 6/3-8/2. For registration information call Sand Sports at 480-921-7263 or visit them on the web at www.sandsportsvb.com.



FastAction Sports will be running adult indoor volleyball leagues this summer at Kiwanis Recreation Center. Four divisions will be offered with games played on Tuesdays and Wednesdays. League dates: 6/15-8/25. Cost per team is \$250. For registration information call Brian Dreyer with FastAction Sports at 480-213-3339 or visit them on the web at www.fasports.com.